



ST. MATTHEW'S
Roman Catholic High School

We Pray, We Care, We Achieve

March 19, 2020

Dear Year 11 Students & Parents

As you are now aware that school is closing due to guidance from the government, I wanted to try to offer you some reassurance and practical advice, at what I know is a very stressful time for you all.

It has now been confirmed that GCSE examinations will not take place this summer and we understand that you will have a number of unanswered questions about this. We will do our utmost over the coming weeks to provide the answers to these questions and will continue to support you.

The best thing that you can do over the next few weeks is to keep in a routine. You still need to prepare for the next phase in your education and maintain the good habits you are in with regards to your work. Therefore, we are providing work for you to complete at home.

Top Tips for the next few weeks

- Try to keep a **STRUCTURE** to your day! On Monday to Friday, be ready to work from 9.00 a.m. each morning until 2.30 p.m.
- Find a **QUIET SPACE** to work! Remember to avoid all distractions including your MOBILE PHONES whilst you are working
- Try to mix it up to avoid making your work too repetitive – do a mixture of online learning, as well as using the resources you have been provided with
- Look after your mental and physical wellbeing – get plenty of rest, exercise and eat well and stay in contact with your friends. Even if you can not see them, you need to talk to each other regularly
- Most of all – **TRY NOT TO PANIC!** We are still here for you if you need us. You can contact your teachers via school email during normal school hours Monday – Friday with any questions or concerns.

Please regularly check the school website, Twitter and your emails for updates about work and GCSEs. You can access your school email via <https://webmail.smrchs.com>.

Please ensure you have your school email address. This will be the only way to log on to the systems and the only email that your teachers will use to communicate with you. You will be sent instructions of how to access your email and password through our group call system should you need it.

Stay positive, keep working and if you need anything – LET US KNOW.

Yours sincerely

Mrs Callison, Mr Walker & the Year 11 Team